

# Sage Safety and Training Ltd

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## ADVANCED CLIMBER (refresher)



**Overview:** The re-assessment for the Advanced Climber certificate can be conducted at the same time as the Tower / Structural Rescue course and designed for those Advanced Climbers whose current certification is about to expire.

**Who should attend:** Those whose current Advanced Climber certification is about to expire.

**Course requirements:** Candidates must have climbed occupationally within the preceding 12 months; must be physically fit (a 13m open structure climb is carried out on the practical) and free from any medical condition that prevents them from climbing. Current in-date Advanced Climber certification MUST be produced prior to commencement of the course. Candidates may use their own Fall Arrest equipment providing written evidence is produced to confirm in-date inspection (If no proof of inspection is produced, the SST instructor will determine as to whether equipment can be used – SST equipment is available). Protective footwear is required for the practical elements of the course.



**Course content:** The course covers both theory and practical elements and is run as a form of revision, with practical scenarios to confirm and develop candidates' current standard;

- Relevant Health and Safety Legislation
- Selection and inspection of restraint/fall arrest equipment
- Hazards associated with climbing on towers
- Emergency procedures
- Harness fitting and adjustments
- Practical assessment of hazards and associated risks
- Practical use of restraint and fall arrest systems & work positioning
- Open structure climbing
- Construction and use of temporary fall arrest systems
- Simple lifting techniques
- Demonstration of emergency procedures
- Climbing assessment
- Confirmatory question and answer session

**Duration of course:** 1 day.

**Course outcome:** Successful candidates will be issued with a new certificate and ID card covering their training, valid for a period of 1 year.